



# Blackened Better Than Ever Corn Salad



1/4th of recipe (about 3/4 cup): 95 calories, 1g total fat (0g sat. fat), 303mg sodium, 20.5g carbs, 2.5g fiber, 6.5g sugars, 3g protein

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**Prep:** 15 minutes    **Cook:** 10 minutes



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## Ingredients

- 2 cups frozen sweet corn kernels
- 1/4 tsp. chili powder
- 1/2 tsp. ground cumin
- 1 cup chopped tomatoes
- 1/2 cup finely chopped red onion
- 1/2 cup finely chopped green bell pepper
- 2 tbsp. chopped fresh cilantro
- 2 tbsp. seeded and finely chopped jalapeño pepper
- 1 tbsp. lime juice
- 2 tsp. chopped garlic
- 1/2 tsp. salt
- 1/4 tsp. black pepper

## Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add corn, and sprinkle with chili powder and 1/4 tsp. cumin. Cook and stir until blackened, about 7 minutes.

In a medium-large bowl, combine all remaining ingredients, including remaining 1/4 tsp. cumin. Mix until uniform.

Fold in blackened corn. Cover and refrigerate until ready to use. (It tastes great chilled!)

### MAKES 4 SERVINGS

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